

Tango Movements.

III. Run Forward.

1-2

Slide L fwd.

3 " R ~~#~~ - wgt. on ball

4 " L Sdw.

5-6 Cross R in frt. of L, hl. leading, both kns bt.
Follower crosses L in frt.

7-8 Straighten kns.

1-4 Tu. on balls of ft. (inwd.) to face agin line
of direction.

5-6 Slide L bkwd.

7-8 Rise on ball of L and drop bk. into dip on R.

NOTE- As the leader pivots in place, on cts. 1-2-3-4
the follower starts on her R. ft. & takes 4 small
steps. around him so that she finishes facing the
line of direction & is ready to stp. fwd. on her R
as he steps. bkwd. L.

Reverse Roll.

1-2

Slide L fwd.

3-4 " R "

5 " L ", short stp., toe out.

6 Make $\frac{1}{4}$ tu. lt. sliding rt. sdwd., short stp.

7-8 Make $\frac{1}{4}$ tu. lt. into rev. pos. (R. shlds tog.)
& slide L bkwd.

1 Slide R. bkwd., hl. well turned out.

2 Make $\frac{1}{4}$ tu. lt. sliding lt. sdwd. & drawing part
around into semi-open pos.

3-4 Cross R in frt. of L, hl. leading.

5 Make $\frac{1}{4}$ tu. L into closed pos. facing line of di
& slide lt. fwd. short stp.

6 Slide R. sdwd.

7-8 Draw L to R, keeping wt. on R.

Rev. Cross & Sdwd. Pt.

Progression.

1-2 Slide L fwd.

3 " r " short stp, wt. on ball.

- 4 Pivot on ball of R making $\frac{1}{4}$ tu. to lift & slide L fwd. short stp. Part. now in rev pos. RT. shlds tog.
- 5-6 Slide R fwd.
- 7-8 Make $\frac{1}{4}$ tu. to face part., circling L around to pt. sdwd.
- 1 Make $\frac{1}{4}$ tu. rt. into rev. pos. L shlds tog. & slide L fwd.
- 2 Tu. $\frac{1}{4}$ lt. to face part. & slide R sdwd.
- 3-4 Draw L to R, keeping wt. on R.
- 5-6 Dip bkwd. on lt.
- 7-8 Rock fwd. on R.

Emphasize keeping the weight entirely on the R ft. on 7-8, as the L points sdwd.

Social Dancing

Miss Naylor

1. Step - change of wt. from one ft. to other progressing forward, backward, or sides.
2. Close - one ft. brought up to other ft. with a transfer of wt.
3. Draw - one ft. brought close to other with no transfer of wt.
4. Dip - long step in any direction with wt. bearing kn. bent.
5. Rock - transfer of wt. from one ft. to other without progressing in any direction.
6. Point - extending the toe in any direction with no transfer of wt.
7. Hop - transfer of wt. from one ft. to same ft.

These seven dance movements make up all dance combinations.

Technique of Teaching Social Dancing
March 28th R.H.H.
Lesson I

1. Dance Walk (a) Clap rhythm.
(b) Step the rhythm.
(c) Progress forward + backward in rhythm $\frac{4}{4}$ time.

Formation for practice

- a) 2 lines, hands joined, move forward + backward.
b) Elbows joined with partners, one moves forward, other backward.
c) Outside elbow joined, outside hds.

Posture - upright, shoulders down, balls of feet touch floor + are in light contact with floor at all times (gliding motion) feet point straight ahead + pass close together, forward + backward steps are long. Reach back with foot.

2. Side Close step - Progress directly sideward.

Formation for practice - Simple circle, progress directly sideward. lt. + rt. Double circle, face partner

Progression a) Changing direction at call of leader.

b) Combination of 8-4 & 2 with + without a partner.

Practice hints - a) should be a slight rise of body as ft. is closed to the other. (This is not a separate movement)

- b) side step is small
 c) Close step is done with toe of the closing ft. coming close to heel of other.

3. Combination of step + side close step.

Code for (1) step forward. ↑ back ↓
 sidestep rt. → lt. ←

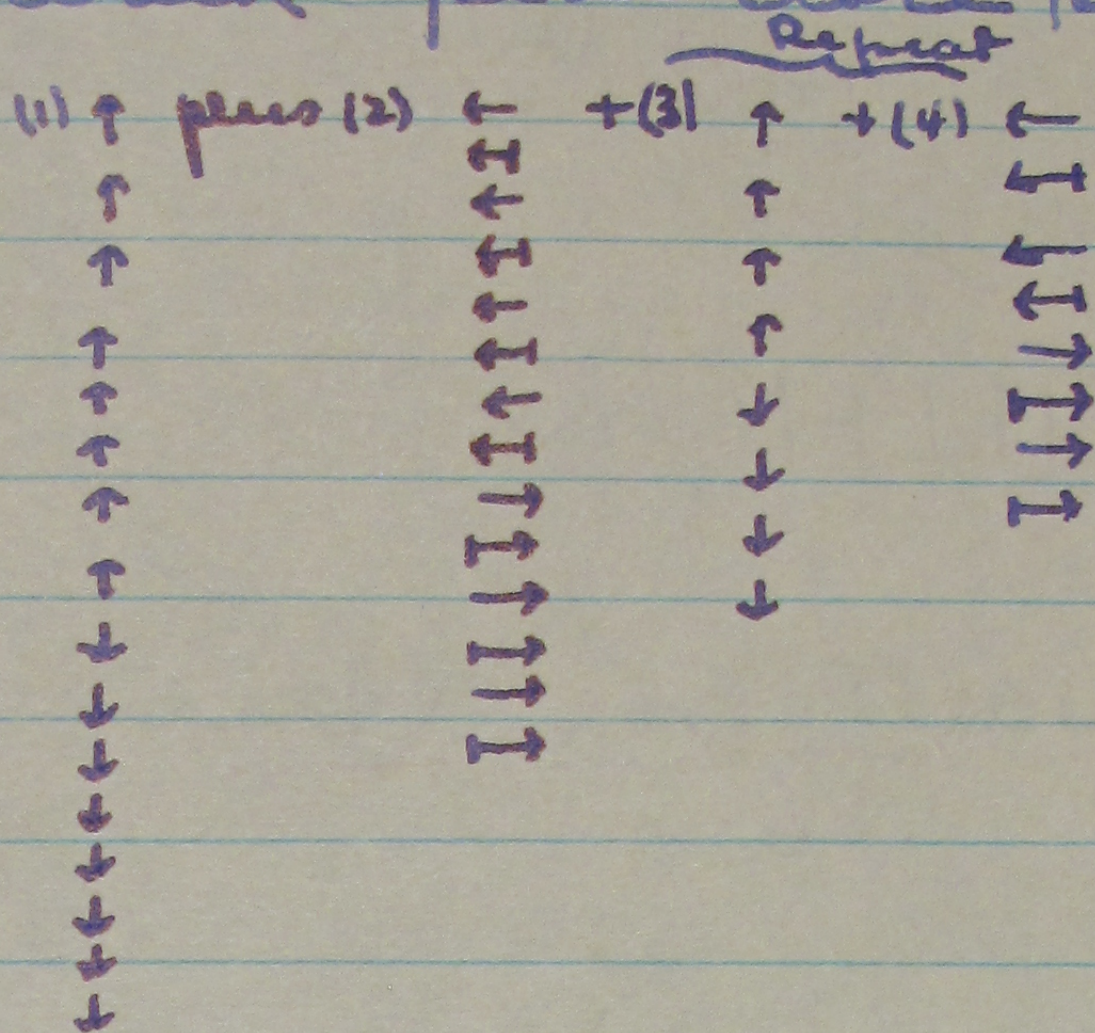
(2) close side step rt. →
 lt. ← . Close always indicated by ← I →

a) ↑ 1 counts
 ↑ 2
 ↑ 3
 ↑ 4
 ↑ 5
 ↑ 6
 ← 7
 ← I → 8

b) ↑ 1
 ↑ 2
 ← 3
 ← I → 4
 ↑ 5
 ↑ 6
 ← 7
 ← I → 8

April 2nd Technique of Teaching Social Dancing
Lesson 2. R.H.H

1. Review - dance walk - side close step



2. New - Box side close - play thru $\frac{4}{4}$

↑ 1. Practise hints - when starting

↑ 2. Forward from a side

↑ 3. Close step lean forward.

→ 4. First.

↔ 5. Leaders: when doing a

↓ 6. side close to the left be

← 7. sure that the angle

↔ 8. between the rt. shoulder

and arm is closed and when

doing side close to the right be

sure that the angle is more open.

3. Box $\frac{1}{4}$ turn left.

↑ 1

↑ 2

↑ 3

→ 4

↔ 5

↖ 6

← 7

↖ 8

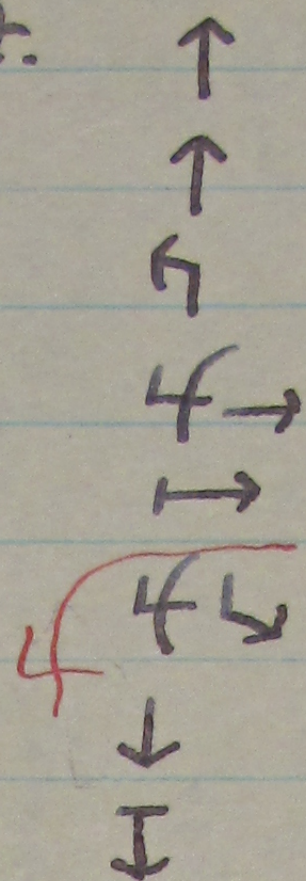
code for toe turn out - ↑

" heel " " ↓

" $\frac{1}{4}$ " left ↖

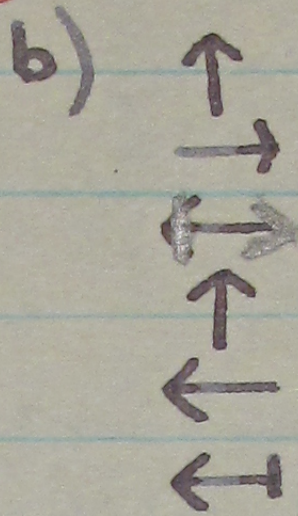
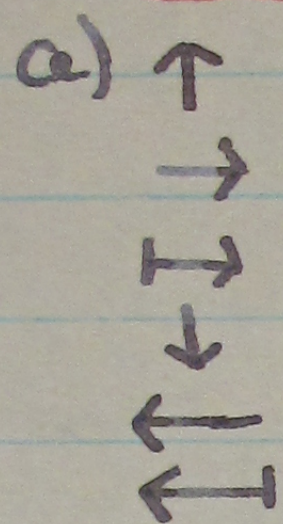
" " " right ↗

4. Box $\frac{1}{2}$ time st.



*Make signs for
turns very definite*

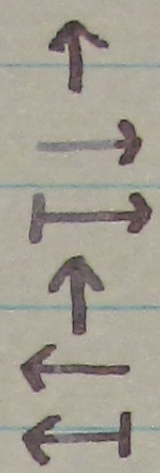
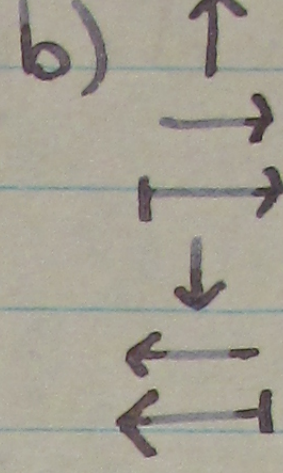
5. Waltz box close - $\frac{3}{4}$ time



Combination

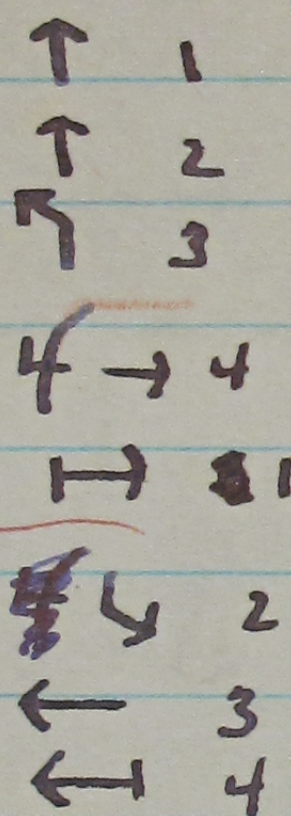
$s^+ a$ - twice
 $s^+ b$ - "

Apr. 4th Technique of Social Dancing R. Hill
Lesson 3.

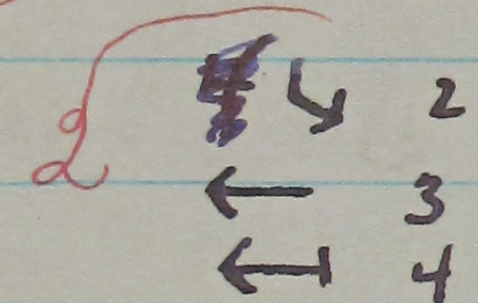
1. Review 1. side close box
2. Box $\frac{1}{4}$ turn et.
3. " $\frac{1}{2}$ " " "
4. Wall box a)  b) 

Do 2 of 4(a) + 4(b)

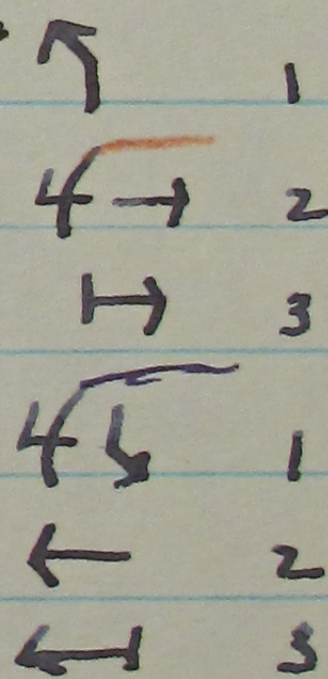
New 1. Box full turn et.



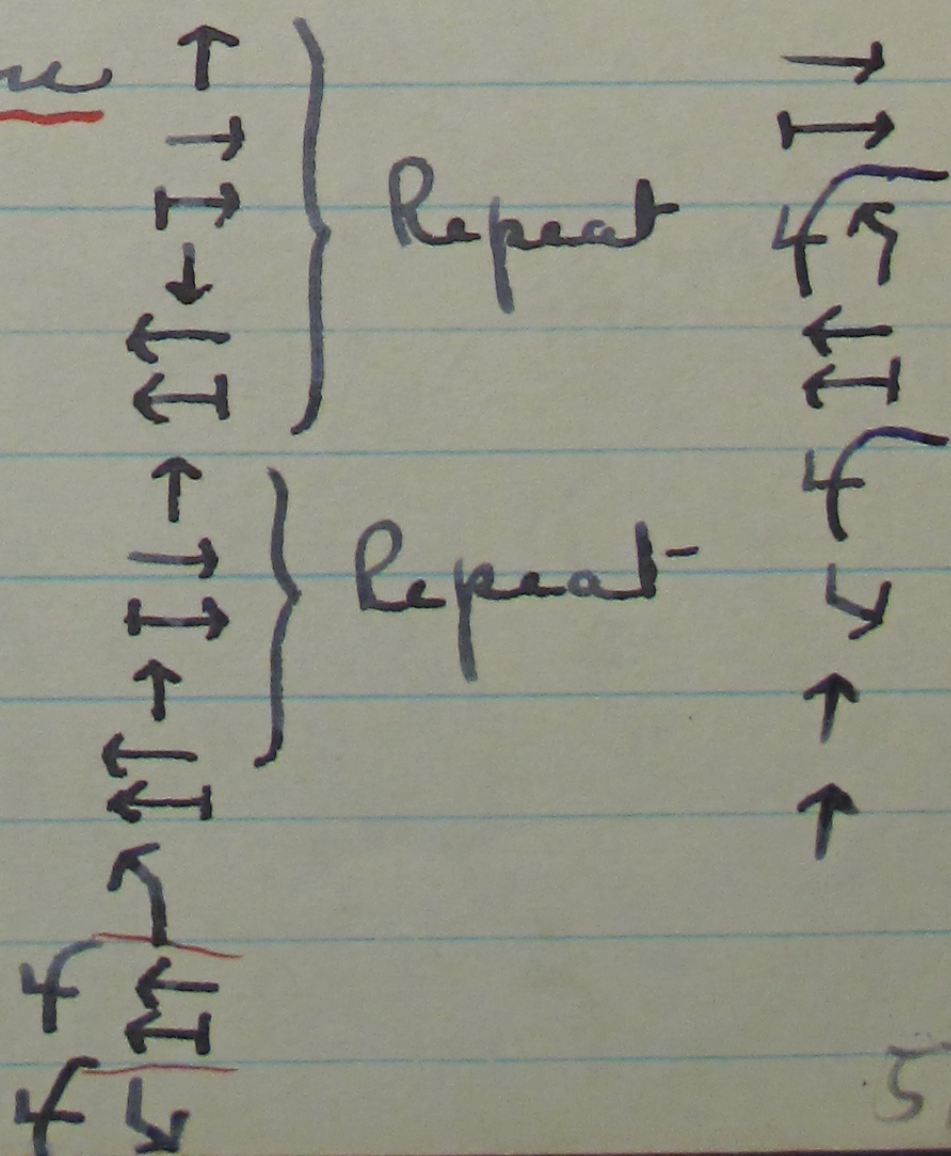
$\frac{1}{2}$ = $\frac{1}{2}$ turn



2. Waltz box half turn

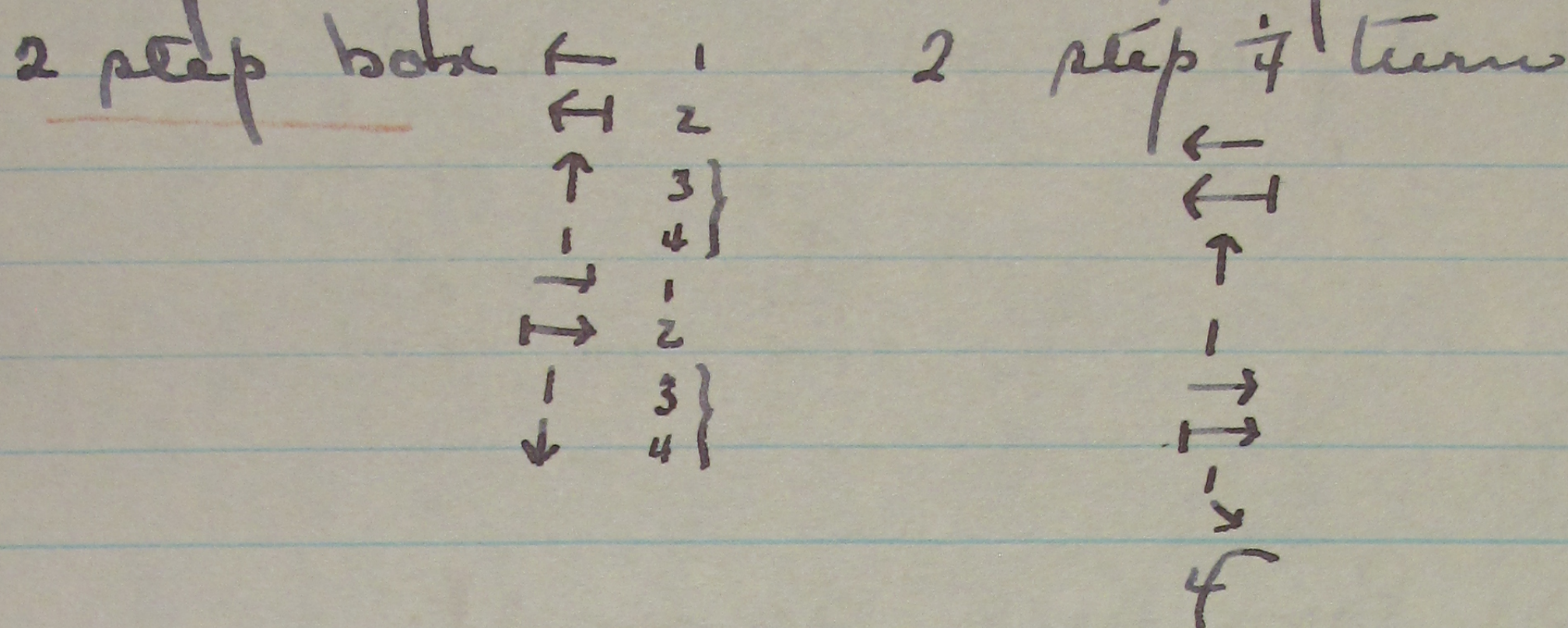


3. Waltz Combination

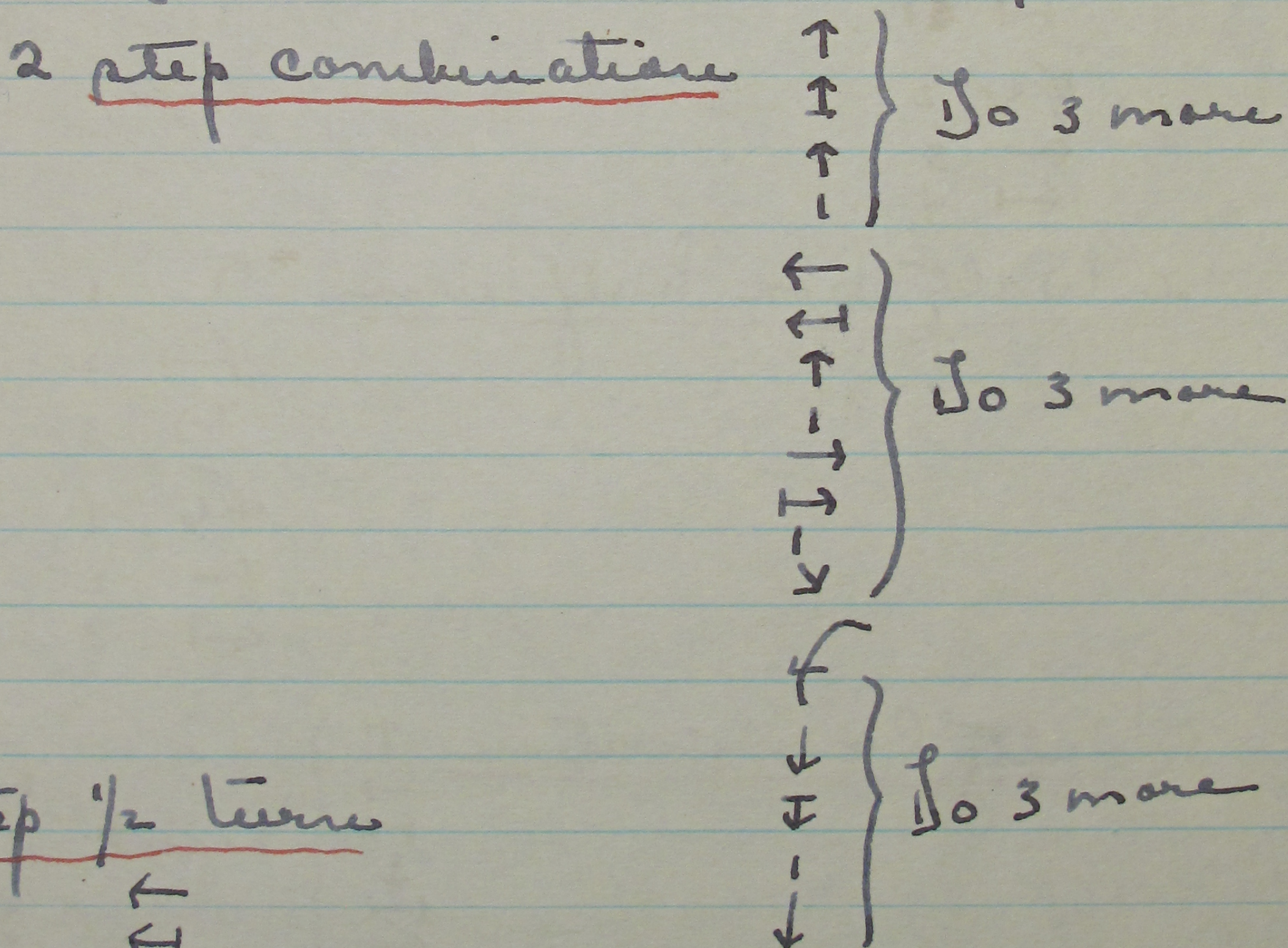


4. Two steps - $\frac{1}{4}$ time. Code $\begin{matrix} \uparrow & 1 \\ \uparrow & 2 \end{matrix} \left\{ \text{quick} \right.$
 $\begin{matrix} \uparrow & 3 \\ \uparrow & 4 \end{matrix} \left\{ \text{slow} \right.$

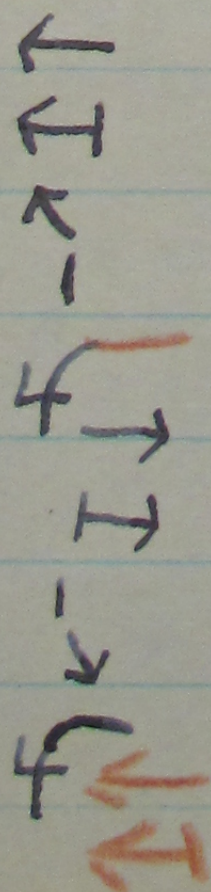
Broken step in 3rd step = 2 counts
 Clap rhythm. Walk rhythm.



The 2 step ahead is done with the 1st step + close step taken on a diagonal + 3rd step straight ahead.



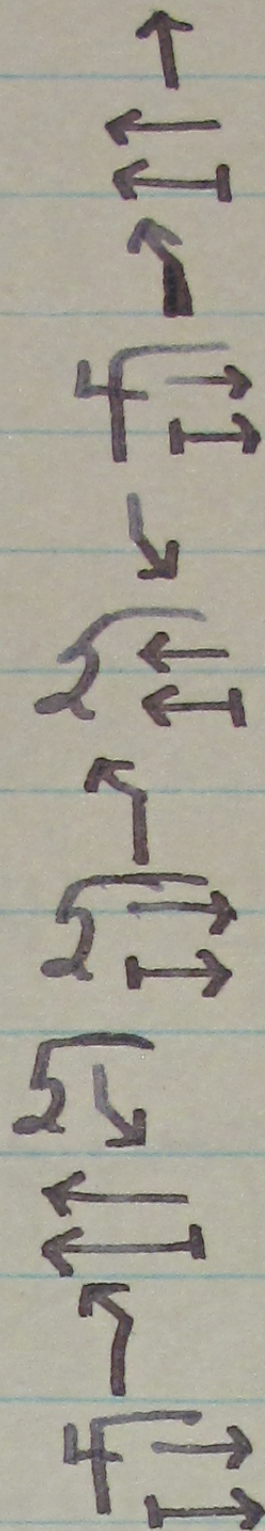
2 step $\frac{1}{2}$ time



Apr. 9th. Social Dancing
Lesson 4

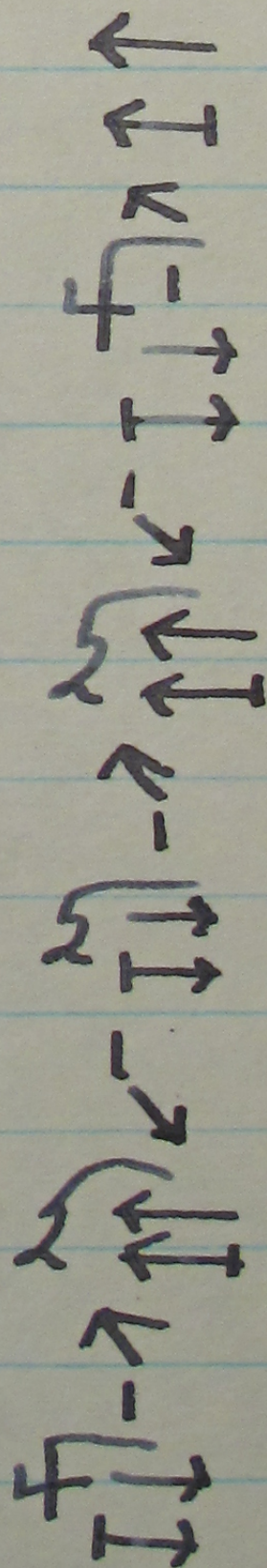
R. Hill

1. Wall free term

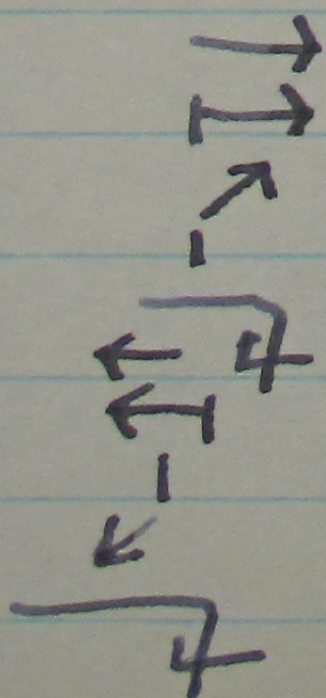


2. Review (a) Wall combination (les. 3 - 3)
b) 2 - pop " (les. 3 - 1)

3 2-step full turn



4 2-step half time right.





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